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Your essential daily news | wednesday, April 20, 2016



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HELEN PIKE/METRO





Health service defends \$65M sick-leave tab



Jeremy Simes For Metro | Calgary

Alberta Health Minister Sarah Hoffman plans to follow up with the province's health authority after Freedom of Information documents show Alberta Health Services spent more than \$65 million on sick leave for members of the United Nurses of Alberta.

Obtained by the Alberta Liberal Party, the documents show long-term disability payouts for unionized Alberta nurses was \$23,395,441 million in 2015, a 130 per cent spike from \$10,182,069 million in 2012.

Alberta Liberal Leader David Swann slammed AHS for what he calls a dysfunctional work culture.

AHS said its employee sick hour rate has been at or lower than the average among western provinces, adding it's begun two programs that reduce unscheduled short-term absences and other limitations so staff stay at work. Since the program launched, AHS said unscheduled absenteeism has decreased by 2.3 per cent, or over 150,000 hours.

It said sick time expenses remain stable, though the increase in costs is related to higher hourly rates of union staff and the increased number of staff.

The data also shows the number one cause of longterm disability was mental illness, causing Swann to believe the increased sick time is due to work culture rather than employees taking advantage of the system.

Minister Hoffman said she shares Swann's concerns.

"We can't provide the right care at the right time if we don't take care of our workforce," she said.



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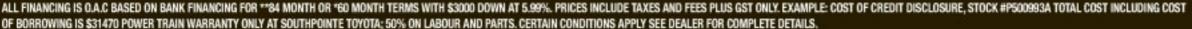


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Alberta Health Services set to pursue man for legal grow-op

MARIJUANA

Appeal Board called position 'extreme' in **April decision**



Lucie Edwardson Metro | Calgary

A Calgary man suffering from multiple sclerosis (MS) who has a legal marijuana grow operation at his home says he isn't quite sure what Alberta Health Services has against him.

Keith Gall, whose MS confines him to a wheelchair, grows his own medicinal marijuana out of his Calgary home, and last September he received notice of a routine inspection to be done by a city of Calgary Safety Codes Officer. On the day of the inspection, six individuals, including two police officers and an uninvited, unannounced AHS executive officer showed up for the inspection — which goes against regulations in the Public Health Act (PHA).

"They asked for permission for the safety officer to come in but they never asked permission

for the AHS inspector to come in — which is a total different thing," said Gall.

After the AHS executive officer Ryan Lau completed his inspection of the home, he issued an order to discontinue plant production due to alleged evidence of mould and other non-compliances with the PHA. In addition, Lau contacted Gall's mortgage lender — which is not standard AHS practice — advising of the order and perceived damages due to the grow-op.

Gall appealed the order in front of the Public Health Appeal Board (PHAB), and after attempts to resolve the matter outside of the board were unsuccessful, a hearing took place in December 2015 and a decision was issued April 6 of this year.

The board found in favour of Gall due to lack of consent for AHS to enter the private dwelling and called their position "extreme" and said their evidence was "deficient."

"The board finds the evidence provided by the Alberta Health Services was deficient regarding the heat and humidity in the Premises and other conditions required for mould growth," reads the PHAB decision, obtained by Metro.

In the documents, AHS coun-

sel said if the order was reversed, they would be forced to take the case to the Court of Queen's Bench as a "means to enforce" the PHA.

"A new inspection could then take place and a new order of an executive officer could then be issued. We would thus be back in the same position we are in now; except that AHS would be forced to take enforcement steps and would seek indemnity costs from the Appellant," reads the document.

AHS would not provide someone to comment on the case and in an emailed response, told Metro that the decision is currently under review and they're considering their next steps.

Gall said he hopes not to go through a court process again, as the initial situation caused him much stress, including developing a case of shingles and problems sleeping. He said he hopes what he called an unnecessary use of AHS resources is over.

"I'm hoping it's a wild goose chase, but they're pretty strong and have a lot of expensive lawyers," he said. "If they continue I will probably continue to fight

He said if AHS is successful in their pursuit and he's forced to shut down, however, it will have cost him a pretty penny.

"At that point I've already spent all that money to have renovations done on my house to be able to grow," he said. "I'd be out about \$40,000."



Keith Gall grows his own marijuana so he can use it to help with his multiple-sclerosis symptoms. LUCIE EDWARDSON / METRO

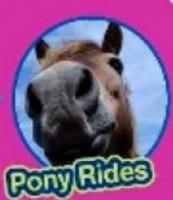
I've already spent all that money to have renovations done on my house to be able to grow. I'd be out about \$40,000. Keith Gall





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LGBT petition deemed 'insufficient'



The Calgary Board of Education said they didn't accept a petition with 4,500 signatures from CBE parents because it was insufficient, according to requirements set out in the School Act.

On March 29, parent Brad Brownell presented the CBE with a petition that sought to

have a public meeting about policy changes related to Bill 10 a gender guidelines-related policy put forth by the province for all school boards to create LGBT-inclusive policies.

Brownell provided an update on the petition with a public Facebook status April 16, stating the CBE deemed the petition insufficient for what he called "minor technicalities."

In a written statement to Metro, the CBE said they had met with the organizer and explained why it was insufficient.

"The CBE will not accept any recommendations to our policies that are inconsistent with Ministerial guidelines or that do not comply with the Human Rights Act or other legislation," they said.

CBE also said they had informed the organizer of other ways to make recommendations. "A parent or elector can submit their recommendations, concerns or suggestions regarding school board policies in writing. We also offer the opportunity for the public to make presentations at all our public meetings."

Brownell said the CBE did recognize the signatures and are open to dialogue. "There are plans to engage open and cooperative conversations regarding all the parental concerns and recommendations towards the guidelines," he wrote.



It is against city bylaws to refuse service to fares. METRO FILE

Woman shocked by cab refusal

ROAD RULES

Refusing fares carries a \$700 fine for the first warning



Helen Pike Metro | Calgary

It was dark, it was late. and her cab driver said he wouldn't take her six city blocks - because it's not worth the time. Now she's helping the city track the driver down.

Jenna Leniczek was in shock in the wee hours of Sunday, after a Checker Cab driver refused to take her from National on 10th to her car, parked by Stephen Avenue.

"He said it wasn't worth his time, and he wasn't going to give me a ride," said Leniczek. "I jumped out, and I was shocked, so I didn't think of doing what I should have done, which was get the car number, or anything like that."

According to city bylaw, that's not one of the reasons to refuse service - actually it's completely against the rules and could land the driver with a \$700 fine as a first warning. If it's a pattern they could lose their licence.

So, Leniczek is currently helping the city narrow down

who could have refused her service, so they may be disciplined.

Mario Henriques, chief livery inspector at the City of Calgary, said he knows ride refusals occur, but the city only gets 30 ride refusal complaints out of 8 million trips annually.

But that first driver isn't where her troubles ended.

Leniczek had to convince a second driver, also with Checker, that she needed a ride to her car with a \$20 bill.

The City of Calgary is investigating both drivers and Leniczek said they have narrowed the first incident down to a few vehicles. She may have to pick out a driver from a lineup.

"I would just say if this happens to you, get the taxi plate number, and report it," Leniczek said.



Jenna Leniczek says she was refused a ride in the early hours of Sunday. FACEBOOK



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Join us on Wednesday, April 20 at 7:00 pm in Room NL120 in the Senator Burns Building.

Call 403.284.8470 or Email rtbn.info@sait.ca to confirm your attendance or for more information.

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PC leader returns to work

Alberta Progressive Conservative Leader Ric McIver returned to the legislature Tuesday without having to apologize for the insubordination that got him kicked out in the first place.

"Yesterday was a day I hope not to repeat any time soon," McIver told Speaker Bob Wanner prior to question period.

"I became convinced, rightly or wrongly, that all was not in order.'

On Monday, McIver was escorted out of the house by the sergeant-at-arms when McIver refused to sit down after accusing Wanner of prejudging a decision against him.

Normally a politician has to apologize to the Speaker to be allowed back in, but this time Wanner invited McIver to return without it.

McIver then stood in the house and while not apologizing for his earlier accusations, acknowledged Wanner had the to eject him. THE CANADIAN PRESS

Children found in suspected drug house

Five children, including an infant, have been relocated with a family member after a southern Alberta couple was arrested for allegedly selling drugs from their home.

A man and a woman, both 39, were taken into custody after a search of their Lethbridge home last week.

Staff-Sgt. Rod Klassen said officers seized cocaine, marijuana and codeine pills.

Four of the children belong to the couple. THE CANADIAN PRESS



Annabelle Pagaling is still shaken from the incident she saw Tuesday at a crosswalk. BRODIE THOMAS/METRO

Near-miss witness calls for walk sign

Young girl was nicked on the knee by passing vehicle



Brodie Thomas Metro | Calgary

On Tuesday morning, Annabelle Pagaling was finally ready to let her son try crossing the boulevard near their home by himself so he could catch his bus to school.

Jacob is now in Grade 3, and Pagaling said she wants him to be independent, but struggled with her fear of the busy intersection at Silverado Pond Way and Silverado Boulevard, and the near misses she's seen.

Tuesday would be no exception, because as she watched from the corner, she saw a vehicle blow through the crosswalk and hit the knee of a young girl who was crossing just ahead

Pagaling said the child wasn't harmed and the vehicle did stop momentarily, but the driver didn't get out to ensure the child was OK.

She said the girl's mother

was yelling at the driver to pull

According to Pagaling, it's an issue her husband has raised with the city and the local community association before.

"All we want is for them to put some pedestrian lights," said Pagaling.



A 2011 city study concluded no lights or signs need to be installed at the busy intersection of Silverado Pond Way and Silverado Boulevard.

The city says, however, a 2011 study done at that intersection didn't recommend any lights or signs beyond the marked crosswalk.

Jessica Bell, spokeswoman with city of Calgary, said on each study, planners have national standards and produce a score based on variables such as pedestrian and motor traffic.

"All of the factors are calculated and scored on a nationally recognized system," said Bell.

She said that crossing scored 35 on the scale in 2011, but the city needs a score of 70 before it will consider installing pedestrian-activated lights at the side of the road.

Ready to Engage ready to rebound



Helen Pike Metro | Calgary

Ready to Engage was not deterred after the city declared their petition insufficient to force any discussion by council.

In a report before a committee meeting the city's returning officer Barb Clifford pulled 1,225 names from the grassroots group's petition after it was found they didn't meet basic statutory requirements. That left 2,165 "potentially valid signatures." Which meant the petition still wasn't declared "sufficient" by the city.

Ready to Engage submitted their petition March 21, after a slew of reports from officials like mayor Naheed Nenshi, alleged some of the signatures had been gathered under false pretences, which the group said that wasn't true.

"We had about 3,500 names on a written petition, and we had about 1,000 names we got online," said spokesperson Alan Hallman. "This petition was started online, and we just thought those people also deserved to have their names heard."

Overall the petition had 2,165 valid signatures, which only represents 1.8 per cent of the city's electoral population.



We just thought those people deserved to have their names heard.

Alan Hallman

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City weighs pros and cons of expanded downtown parking

More spaces could lead to congestion in the core



Calgary is considering many variables - including selfdriving cars — as it tweaks its parking strategy for the downtown core.

The matter is going before the Standing Policy Committee on Transportation and Transit Wednesday.

City administration is recommending council relax some of its current regulations designed to keep the core from getting too congested with workers coming and going.

"(The recommendations) basically keep the plan as it is," said Coun. Shane Keating. "They're giving more options to developers today, saying you can build more parking if you want."

Previously, developers had to account for one parking space for every 140 square metres of office space.

However, they couldn't necessarily build all of those spaces in their new building.

To make up for needed parking spaces beyond that limit, developers contributed cashin-lieu to a special city fund, which went towards parking development outside the core.

New recommendations suggest letting future developments put 100 per cent of their parking spaces in the downtown.

Keating isn't fully satisfied with the current plan. He says there needs to be more parking developed near train stations, even if it's within five kilometres of the core.

I'm not sure if that's addressed properly in here or not," he said.

He envisions commuters driving close to the core — say to a parking garage near the University of Calgary - and then finishing their journey into the city by CTrain.

"Why could there not be a huge parking structure somewhere, which is cheaper to build? It doesn't have to go underground, and it could have a pedestrian walkover right to the CTrain sta-

Even as the city crafts this plan, the report mentions the possibility of self-driving cars cutting into the city's parking revenue, since they could drop workers off, return home to park, and make another journey into the city

Keating noted that could lead to even more congestion, as those self-driving vehicles would be making two round trips each day instead of one.



The city is considering relaxing some of the current development regulations on parking in the downtown core. METRO FILE

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Sylvan Lake to close medical on-call service



For Metro | Calgary

As Calgarians begin to flood Alberta's popular lake town come summer, there won't be doctors available at night to mend simple pains, leaving many with no option but to wait several hours in Red Deer emergency rooms.

On Tuesday, Sylvan Lake doctors said the popular on-call service will stop come June - they

claim an Alberta Health Services (AHS) executive suggested no money is available to fund the much-needed service.

Local clinic data shows an additional 2,000 - 3,000 patients could end up visiting nearby emergency rooms once the on-call program ends, according to Susan Samson, Chair of Sylvan Lake's Urgent Care Committee.

She said Kerry Bales, vicepresident of the AHS Central Zone, told her there's no indication the area will see funding for

the program to continue.

"If you've got a problem, I guess you'll go to Red Deer emergency and wait, and wait, and wait, and wait," she said. "We see so many people come in the summer, so when you come here and when you get sick, you can't get help in this town."

For more than 10 years, local doctors have been offering the on-call service at their closed clinics without any funding support. But the service has become less feasible as the population grows,

so officials are looking for stable funding to open a dedicated space.

Associate Health Minister Brandy Payne said the government will meet with the community in the coming weeks to discuss the matter and move forward with a proposal.

"I'm confident that we can work towards a solution with the community," Payne said. "We haven't had any specific allocation yet ... and, unlike the former government, we're not going to make a promise we can't keep."





Caitlin McClung, top, and her great-grandmother Nellie McClung. CONTRIBUTED/THE CANADIAN PRESS

A McClung family legacy

Nellie's great granddaughter talks about filling big shoes



Alex Boyd Metro Edmonton

It's been one hundred years since women won the right to vote in Alberta, thanks to fighters like journalist and MLA Nellie McClung.

Her political legacy is the stuff of history books, but her family says her personal impact was also profound. Great granddaughter Caitlin McClung is a consultant in Toronto and former political aide who says with a big name comes big responsibility.

When did you realize your great grandmother was a big deal?

In elementary when you start to learn about Canadian

history and there she was ... it really hit me that I inherited a name and a wonderful legacy.

Favourite story? Nellie was often criticized for taking on activities outside the home and being a working woman and I think some woman struggle with that today. At one point she was doing one of her mock parliaments and my grandfather decided to speak up and say, 'I'm the son of a suffragette and I've never known a mother's love.' We still joke about it. It was pretty

poignant at the time. How did her work influence your career?

For me personally, the Nellie legacy is very much centered around social justice and public service. I tried to take a career path and a personal path where those two collide. Prior to becoming a consultant, I spent eight years in the provincial government, so I still wave my liberal stripes, which I very much inherited from Nellie. Now I work mostly on poverty files and social justice files.







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- · Lengthy sun avoidance not required

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Vampires, shadows bite into new season

BALLET

Production of Dracula runs during Halloween



There are dark shadows looming over the next Alberta Ballet season.

Bring garlic.

The 2016/17 season includes an opulent, almost operaticsized production of Dracula, running during Halloween this year, according to Jean Grand-

Created by Ben Stevenson, the ballet will hearken back to the original novel.

"He didn't try to make it too scary or too modern," said Grand-Maître. "It's quite trad-



The newly announced Alberta Ballet season includes Dracula - just in time for Halloween. COURTESY STEVEN VISNE

itional in the Bram Stoker aesthetic and, somehow, I find it to be the best Dracula I've

Speaking of dark shadows, the season will kick off with Shadowland in September, created by Pilobolus Dance

"They're world famous in how inventive they are - how they use movement, athleticism and theatrical elements," Grand-Maître explained. "Aesthetics you never thought the

human body could do." In a mix of dancing and shadow play, Shadowland has become a popular production in North America - it's even been featured in the Academy Awards.

The new season ventures into more classical fare, like a production of The Nutcracker and Alice in Wonderland and then makes fun of traditional ballet with Les Ballets Tockadero de Monte Carlo, a drag queen ballet company that takes jabs at the art form.

The season will end in grand fashion with the world premiere of Our Canada, a completely new work that paints an honest portrait of the best and worst historical moments in Canadian history, set to the songs of Gordon Lightfoot.

"His songs convey a lot of Canadian humanity," said Grand-Maître. "He covers a lot of ground, historically and emotionally."

It premiers just in time for Canada's 150th birthday.

For more information visit albertaballet.com.

Y Stage fetes adventure of life

There's everything

from the small

the big ones, like

The Adventures of

Alvin Sputnik.

Nathan Pronyshyn

Nathan Pronyshyn wants to serve you a sweet, sweet slice of that Alligator Pie.

The Y Stage artistic director revealed the company's 2016/17 season on Tuesday, and the first production to

kick things off is Alligator Pie, an ensemble piece adapting the poetry of Dennis Lee.

"They use journeys of Mess to exia. music and instruments and everything from confetti and bubblewrap to find ways to embody his poet-

ry," said Pronyshyn. With this season, Pronys-

hyn said he wanted to celebrate life — and the adventure of life. Each of the characters audiences will meet in the upcoming season are, in their own ways, wrestling with finding the joy in their

"There's everything from the small journeys of Mess, and trying to get out of bed in the morning, to the big ones, like The Adventures of Alvin Sputnik, where he's literally going on a journey to find his wife's spirit and save the world," Pronyshyn explained. The show Mess covers some

deep ground for the youthoriented Y Stage productions - it's about anor-

The time of the show will coincide with eating disorder awareness week. and it hopes

to spark conversations with youth around the issue.

Rounding out the season is the non-verbal piece The Star Keeper, and The Adventures of Alvin Sputnik, which fuses animation, puppetry, projections and live music for a heartwarming experience. AARON CHATHA/METRO



For information, visit vertigotheatre.com

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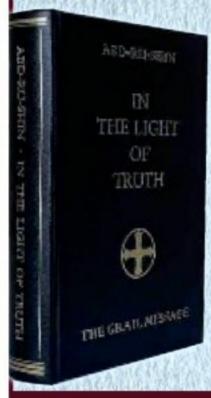
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NEWS 12 | Wednesday, April 20, 2016

New owners aim to foster Midwives old gamer community

ENTERTAINMENT

Stores want to socialize with retro gamers



Aaron Chatha Metro | Calgary

For the past 27 years, Calgary's bleeps and bloops have been delivered out of Video Game Trader - and now the new owners of the business want to unite Calgarians in their love of retro video games.

Jeff and Heather McNair only came in possession of the two Calgary stores in March but Jeff McNair had worked for the stores for nearly a decade prior.

He says it's a recession-proof business - mostly because it's been the same business since the Super Nintendo, with most of their customers coming in to buy old, rare games.

"We definitely ride the nostalgia wave," McNair laughed. "The company was part of that wave in the 90s originally, now we're continuing to ride that wave, and it doesn't look like that wave will ever hit the shore."

McNair said that old games have a certain charm in their simplicity - and it's not just older gamers trying to reclaim their childhood. The couple said they see younger custom-



Jeff McNair worked at Video Game Trader for nearly a decade before taking over the store with his wife Heather. AARON CHATHA/METRO

ers coming in and asking for a Super Nintendo or a Sega Genesis all the time - usually the consoles they're buying are older than they are.

"Nintendo sort of had a golden age, and I think people are recognizing and enjoying that," said Heather McNair.

But with new ownership comes changes. Jeff McNair said the company would still continue to trade and sell retro



Jeff McNair

games - which can get pretty pricey depending on their rarity, but also are priced competitively with online markets.

More importantly, McNair is confident there are enough retro-game-loving enthusiasts in Calgary that he can build a social community through the store.

He said Video Game Trader already sponsors events like Calgary Horror Con and the 48-hour Terror Film Challenge.

"The reason I haven't mentioned any video game events is because there aren't any."

he said. "This is an area we want to fill. We want to do video game events. There's a very large, very strong community of gamers that we see every day."

He hopes to set up tournaments, swap meets and free play days, to get gamers coming in and sharing in a passion.

He expects to formally announce game day plans after the Calgary Comic Expo.

see a ray of hope



Nothing is set in stone, but midwives are hopeful practices once slated to close will remain open, given the government's recent funding boost. Last week, the government announced \$11 million in funding over the course of three years for midwives - a move cautiously applauded by advocates as wait-lists will still exceed supply.

Earlier this week, Alberta Health Services (AHS) said it's currently following up with each midwifery practice - including the ones that say they'll close - to determine the optimal distribution of additional care loads the practices can take on, as allocation has yet to be finalized.

Nicole Matheson, president of the Alberta Association of Midwives, said AHS is asking practices what their needs are to be viable and how many women are currently receiving care. The \$11 million in new funds will mean 400 more women per year, for the next three years, will be able to give birth with the help of a midwife.

Misti Lee McFarlane, acting president of the MaternityCare Consumers of Alberta Network, said many families looking for midwifery care will be without one. "With an estimated birth rate of more than 57,700, midwives will be catching well under 10 per cent of Albertaborn babies at the end of this three-year period," she said.



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Calgarians soaking in summer-like heat

WEATHER

Previous 1910 record broken by two-tenths of a degree



A 106-year-old weather record was toppled on Tuesday afternoon as Calgarians fired up their air conditioners and barbecues over an early dose of summer temperatures.

Environment Canada recorded the high Tuesday at 26.9 degrees around 5 p.m. That topped the previous record set in 1910 by .2 degrees.

By 10 a.m. it was over 20 degrees in parts of Calgary; the normal high for this time of year is 13 degrees.

Residents flocked outside early in the day to get some



Elsa and Amelia Acuna soak up the rays at Sandy Beach as the thermometer pushed record high heat Tuesday, HELEN PIKE/METRO

sunshine before it got - dare we say it - too hot.

Kelly Kaprowski was leading a fitness class for moms with tots at Glengarry Park, just off 17th Avenue S.W. As moms did their workouts, many happy babies lolled on blankets in the warm sun.

Just to put things in perspective: It is still April in Canada. It could just as easily been -20 degrees as it was in 1927, or there could still be 20 centimetres of snow on the ground, as there was in 1955.

Kaprowski said she had toyed with the idea of start26.9 C

The high temperature **Environment Canada** recorded on Tuesday at around 5 p.m.

ing outdoor classes back in March, given the region's great spring this year.

"I'm from Calgary so I knew that probably wasn't the smartest decision," she said.

Many Calgarians headed to Prince's Island Park for a stroll, while some even got in the Bow River with paddle boards and surf boards.

Warm weather isn't all sunshine for everyone. The province had 54 fire bans in place across the province including many locations surrounding Calgary, although there are none in place for the city itself just yet.

Granny drives into audience's hearts



Aaron Chatha Metro Calgary

Calgary Underground Film Festival (CUFF) attendees loved Dominique Keller's documentary, Grandma Learns to Drive.

"I'll give you the elevator pitch," said Keller. "My grandma learned to drive."

At 89 years old, Keller's grandmother decided to get



She won over audiences, though she made a lot of mistakes while getting her driving licence at 89.

COURTESY DOMINIQUE KELLER

her licence.

"What happens to dreams you put off? They kind of haunt you," the Calgarian

Her grandma took the test 11 times.

But, in the highest attended festival of CUFF's 13-year history, audiences fell in love with Keller's grandma. It won the audience award for best documentary short.

Keller walked into the premiere of the short doc with a nervous energy - after all. this was her and her family on screen.

But there was one point in the screening she knew audiences were connecting to the film - when her grandma, after another failed attempt to get her licence, said to herself on-screen that she feels so stupid.

"And some guy from the crowd yells out, 'You're not stupid!" Keller laughed. "For me, that was just so rewarding, seeing such a strong re-action to the film."

Keller hopes to release the documentary online after it's completed its festival circuit.



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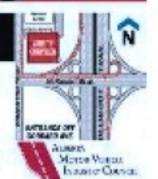
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Calgary Energy | metr@NEWS 16 | Wednesday, April 20, 2016

SPECIAL REPORT ALBERTA ENERGY

In partnership with Alberta Oil Magazine, Metro Calgary brings you information on Alberta's changing oil and gas Industry and its impact on the province's economy.

Establishing benchmarks for **Canadian oil**

Canadians never tire of comparing ourselves to Americans, often favourably so. But there are some areas where the comparison just doesn't make much sense.

Take, for instance, the global crude oil market. Yes, the U.S. produces more crude oil than Canada, and the U.S. dollar is the de facto currency of the global oil trade. No one is argu-

ing against the U.S. maintaining its own oil benchmark in West Texas Intermediate (WIT). But Canada exports far more oil than needs more than the U.S. - and, indeed, almost all of those exports go to the U.S. — and still there remains

almost no way to measure the real worth of Canadian oil except, typically, as a negative value against WTI.

Perhaps the biggest proponent of establishing an independent Canadian oil benchmark is Auspice Capital founder and president, Tim Pickering. While he admits that his patriotism comes into play whenever the matter is brought up, he insists

that his support for creating a Canadian crude benchmark is rooted in simplicity's sake.

"The way Canadian crude developed in trading is an esoteric concept to most people - that is, it trades at a discount to WTI," Pickering said. "So it's minus \$15? Well, that's a pretty obscure concept that you're going to buy something at minus \$15 and sell

it at minus \$12."

Also implied within that negative valuation, Pickering said, is the false notion that Canadian crude is undesirable globally. Inspiring that perception, even subconsciously,

Tim Pickering

For any market

to develop it

the wholesaler

participants.

is not very good for business. Simplification also comes into play for those investors who may think they're already exposed directly to Canadian oil prices, when in fact they're not. Those investors might have a view on oil by virtue of holding a stock portfolio of oil-producing companies, yet what they're really invested in is an assortment of competing management and

engineering teams all selling the same product. For the most part, that product is Western Canadian Select, the dominant crude grade in Canada, and the most likely candidate for benchmark status should one be conferred.

If a Canadian crude oil benchmark was formally established and traded as such, what difference would it make? For one, given that Canadian crude is already the marginal barrel on

the North American market, its value can swing higher and dip lower than established benchmarks. That means it could offer those directly invested in

it, higher reward opportunities.

Secondly, while we huff and puff endlessly over the question of "market access" in purely physical terms — tidewater pipelines, oil-by-rail, etc. — we tend to forget about the opportunities that may come by way of financial market access.

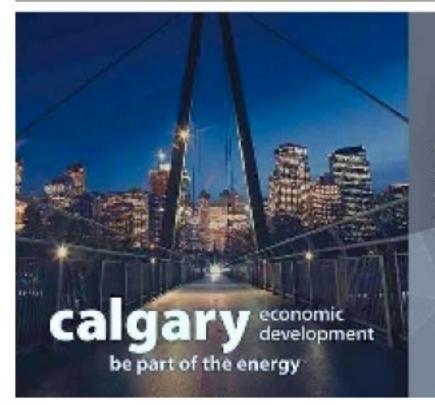
"For any market to develop it needs more than the wholesaler participants, it needs retail and it needs speculators," Pickering said. "Not having that is hurting the development of this market, it's hurting the price of the energy, and it's ultimately hurting Canadians."

TODD COYNE/ALBERTA OIL





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Nation-building oil from sea to sea

Proposal for publicly owned national line not a new idea

Like the railroad and the Trans-Canada Highway before it, the idea of a cross-country oil pipeline was promoted by the previous federal government as a great unifier - a nation-building project binding Canadian communities together from the Prairies to the Maritimes.

The idea was roundly ridiculed by many and largely ignored by others. But what if, instead of building a private for-profit transmission line from the oil sands to tide-water, the proposal was to build a truly national pipeline - that is to say, a publicly owned pipeline? A kind of Trans-Canada Highway for oil.

The idea surely won't win the favour of those opposed to any and all oilsands infrastructure. regardless of its necessity to the Canadian way of life. And it may also lose the support of those on the other fringe; pipeline executives who maintain they can still get the job done with or without the public's support. But there's a large part of the population in between those two viewpoints, and this Big Idea is aimed at them.

In fact, the idea is not a new

1956

The notion of a publicly owned national oil pipeline dates back to 1956 when it was proposed by the Cooperative Commonwealth Federation — the precursor to the NDP.



A ship receives its load of oil from the Kinder Morgan Trans Mountain Expansion Project's Westeridge loading dock in Burnaby, British Columbia, on June 4, 2015. THE CANADIAN PRESS FILE

one. As far back as 1956, the New Democratic Party precursor known as the Co-operative Commonwealth Federation, proposed nationalizing what would eventually become the TransCanada pipeline carrying natural gas from Alberta to Ontario and Quebec. Debate over the pipeline's ownership led to some of the most raucous political squabbling in the country's history, with the CCF calling for nationalization, the ruling Liberals pushing for ownership by the U.S.-Canada business consortium that first proposed the line, and the Conservatives accusing the Liberal government of selling out to American business interests.

The Liberal government of Louis St. Laurent eventually won out, though not before one of his MPs, Lorne MacDougall, had collapsed from a heart attack in the House of Commons, his death blamed on the long and stressful exchange.

It's hard to imagine that a similar proposal to build a publiclyowned pipeline would fare any better today. And given the rapid legal ascendancy of aboriginal groups in Canada since that era, finding common ground among so many diverse interests over a single project would be incredibly difficult. But is that not a good enough reason not to at least consider it as one among many out-of-the-box options?

A national pipeline owned by all Canadians might go a long way to increasing the social buyin from those who feel they have no financial stake in Alberta's energy industry - or even feel they have a negative stake in it. And for Canada's energy industry, it would solve the biggest problem the industry faces today — finding export access.

Sure, it might take years even decades - to bicker over details like routing and owneroperatorship structures before eventually coming to nothing. But, so far the alternative hasn't proven any more successful. TODD COYNE/ALBERTA OIL

Budgetary red ink links Alberta, N.L.

Albertans bewailing the deluge of red ink in the provincial budget can take some comfort in knowing matters could be worse: they could be in Newfoundland and Labrador's predicament.

The two provinces, which tabled their budgets on Thursday, are both facing massive budgetary holes where oil and gas revenues used to be.

In Alberta, non-renewable resource revenues are expected to be a paltry \$1.4 billion this fiscal year - a level not seen in 40 years and 85 per cent below its 2014-15 take.

In Newfoundland and Labrador, oil royalties once made up 30 per cent of the revenues flowing into the province. Now, it's more like seven per cent.

Though they face similar challenges, the eastern and western provinces have strikingly different game plans for tackling them.

Alberta's NDP government has been adamant that it won't take a hatchet to key government services. Its budget includes a hefty dose of stimulus and help for families hit by the downturn. Aside from its previously announced carbon levy, it included no new taxes.

\$1.4B

Alberta is expected to take in a mere \$1.4-billion revenues this fiscal year.

Newfoundland and Labrador's includes a litany of tax and fee hikes, including a "temporary" deficit-fighting levy of up to \$900 a year for top earners. In a report, Dominion Lending Centres chief economist Sherry Cooper calls it a "brutal austerity budget."

The Atlantic province is in a more dire fiscal situation than its western counterpart and, as a result, has less leeway to run big deficits in the coming years, according to University of Calgary economist Trevor Tombe.

Alberta Finance Minister Joe Ceci said he can't see a return to balanced budget before 2024.

Although Tombe said he'd prefer to see Alberta wrangle its deficits more quickly than that, he said the province has time to sort itself out given the solid debt position it had going into the downturn.

THE CANADIAN PRESS

TRANSPARENCY

Suncor to improve disclosure policies

Suncor says it will be provide more information about political lobbying and how it plans to compete under tougher climatechange policy.

The company said Monday that the information will be included in its 2016 report on sustainability, to be issued in July.

The move comes as shareholders push for more disclosure at Suncor's annual meeting later this month.

As part of the changes, Suncor says it will provide information about how it expects "to succeed in a low carbon future."

It will also publish its policy on lobbying and political donations, as well as list trade associations that lobby governments to which Suncor pays membership dues greater than \$50,000 and \$100,000 per year.

The company will also continue to disclose its political donations.

Suncor's annual meeting is set for April 28 in Calgary. THE CANADIAN PRESS



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	A6043	2010 RAM 1500 SLT 4X4	179,000	\$12,800	\$120				
	G-923A	2011 FORD ESCAPE XLT 4WD	122,301	\$12,988	\$103				
	16C031A	2011 CHRYSLER 200 LX	38,000	\$12,990	\$107				
	16117A	2014 FORD FIESTA SE H/B	48,000	\$12,990	\$92				
	A5812	2010 CHEVY EQUINOX AWD	109,000	\$13,800	\$156				
	L099	2015 DODGE DART M/T	25	\$13,990	\$99				
	F-810A	2014 FORD FOCUS	69,605	\$13,990	\$99				
	B5939A	2013 DODGE AVENGER SXT	59,000	\$13,998	\$99				
	B82539	2014 MAZDA 5 GS	39,425	\$14,477	\$101				
	B6479	2012 HONDA CIVIC LX AUTO	78,961	\$14,539	\$115				
	16158	2014 FORD FOCUS SE	22,960	\$14,990	\$105				
	P10320	2014 TOYOTA COROLLA LE	41,500	\$14,999	\$108				

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YEAR/MODEL	KM'S	PRICE	BW PAYMENT	S			
2014 HYUNDAI SONATA GL	59,430	\$15,349	\$111	G-			
2015 CHRYSLER 200 LX	15,400	\$15,499	\$110	W			
2013 HONDA CIVIC EX	39,500	\$15,499	\$117	В			
2013 HYUNDAI ELANTRA SPORT	47,918	\$15,499	\$111	В			
2013 HONDA CIVIC EX AUTO	52,753	\$15,539	\$112	F-1			
2011 HYUNDAI GENESIS 2.0T	94,000	\$15,800	\$148	SG			
2011 FORD ESCAPE XLT 4WD	71,600	\$15,950	\$127	F-			
2015 FORD FIESTA TITANIUM	13,133	\$15,990	\$112	G-			
2012 DODGE JOURNEY SE	25,600	\$15,990	\$130	2			
2013 VW BEETLE 2.5 AUTO	29,500	\$15,999	\$115	F-2			
2011 FORD RANGER SPORT	61,000	\$15,999	\$151	G			
2011 FORD RANGER SPORT 4X4	57,437	\$16,990	\$134	PG			
2013 DODGE GRAND CARAVAN	57,724	\$16,990	\$119	G-			
2015 FORD FIESTA TITANIUM	19,500	\$17,990	\$117	F-2			
2011 FORD EDGE SE	120,825	\$17,990	\$142	BF			
2013 FORD ESCAPE SE AWD	92,401	\$18,490	\$129	TR			
2012 TOYOTA RAV4 AWD	79,670	\$18,499	\$149	2			
2013 FORD ESCAPE SE 2.0	88,088	\$18,998	\$133	G-			
2012 F150 XLT CREW 4X4	89,650	\$19,990	\$162	4			
	YEAR/MODEL 2014 HYUNDAI SONATA GL 2015 CHRYSLER 200 LX 2013 HONDA CIVIC EX 2013 HYUNDAI ELANTRA SPORT 2013 HONDA CIVIC EX AUTO 2011 HYUNDAI GENESIS 2.0T 2011 FORD ESCAPE XLT 4WD 2015 FORD FIESTA TITANIUM 2012 DODGE JOURNEY SE 2013 VW BEETLE 2.5 AUTO 2011 FORD RANGER SPORT 2011 FORD RANGER SPORT 4X4 2013 DODGE GRAND CARAVAN 2015 FORD FIESTA TITANIUM 2011 FORD EDGE SE 2013 FORD ESCAPE SE AWD 2012 TOYOTA RAV4 AWD 2013 FORD ESCAPE SE 2.0	YEAR/MODEL KM'S 2014 HYUNDAI SONATA GL 59,430 2015 CHRYSLER 200 LX 15,400 2013 HONDA CIVIC EX 39,500 2013 HYUNDAI ELANTRA SPORT 47,918 2013 HONDA CIVIC EX AUTO 52,753 2011 HYUNDAI GENESIS 2.0T 94,000 2011 FORD ESCAPE XLT 4WD 71,600 2015 FORD FIESTA TITANIUM 13,133 2012 DODGE JOURNEY SE 25,600 2013 VW BEETLE 2.5 AUTO 29,500 2011 FORD RANGER SPORT 61,000 2011 FORD RANGER SPORT 4X4 57,437 2013 DODGE GRAND CARAVAN 57,724 2015 FORD FIESTA TITANIUM 19,500 2011 FORD EDGE SE 120,825 2013 FORD ESCAPE SE AWD 92,401 2012 TOYOTA RAV4 AWD 79,670 2013 FORD ESCAPE SE 2.0 88,088	YEAR/MODEL KM'S PRICE 2014 HYUNDAI SONATA GL 59,430 \$15,349 2015 CHRYSLER 200 LX 15,400 \$15,499 2013 HONDA CIVIC EX 39,500 \$15,499 2013 HYUNDAI ELANTRA SPORT 47,918 \$15,499 2013 HONDA CIVIC EX AUTO 52,753 \$15,539 2011 HYUNDAI GENESIS 2.0T 94,000 \$15,800 2011 FORD ESCAPE XLT 4WD 71,600 \$15,950 2015 FORD FIESTA TITANIUM 13,133 \$15,990 2012 DODGE JOURNEY SE 25,600 \$15,990 2013 VW BEETLE 2.5 AUTO 29,500 \$15,999 2011 FORD RANGER SPORT 61,000 \$15,999 2011 FORD RANGER SPORT 4X4 57,437 \$16,990 2013 DODGE GRAND CARAVAN 57,724 \$16,990 2015 FORD FIESTA TITANIUM 19,500 \$17,990 2011 FORD EDGE SE 120,825 \$17,990 2013 FORD ESCAPE SE AWD 92,401 \$18,490 2012 TOYOTA RAV4 AWD 79,670 \$18,499 2013 FORD ESCAPE SE 2.0 88,088 \$18,998	YEAR/MODEL KM'S PRICE BW PAYMENT 2014 HYUNDAI SONATA GL 59,430 \$15,349 \$111 2015 CHRYSLER 200 LX 15,400 \$15,499 \$110 2013 HONDA CIVIC EX 39,500 \$15,499 \$117 2013 HYUNDAI ELANTRA SPORT 47,918 \$15,499 \$111 2013 HONDA CIVIC EX AUTO 52,753 \$15,539 \$112 2011 HYUNDAI GENESIS 2.0T 94,000 \$15,800 \$148 2011 FORD ESCAPE XLT 4WD 71,600 \$15,950 \$127 2015 FORD FIESTA TITANIUM 13,133 \$15,990 \$112 2012 DODGE JOURNEY SE 25,600 \$15,990 \$130 2013 VW BEETLE 2.5 AUTO 29,500 \$15,999 \$115 2011 FORD RANGER SPORT 61,000 \$15,999 \$151 2011 FORD RANGER SPORT 4X4 57,437 \$16,990 \$134 2013 DODGE GRAND CARAVAN 57,724 \$16,990 \$117 2015 FORD FIESTA TITANIUM 19,500 \$17,990 \$117 2013 FORD ESCAPE SE AWD 92,401			

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YMENT	STK#	YEAR/MODEL	KM'S	PRICE	BW PAYMENT		
11	G-372A	2013 NISSAN ROGUE 2.5 AWD	62,942	\$20,990	\$146		
10	W10366	2013 FORD ESCAPE TITANIUM	97,661	\$20,999	\$150		
17	B5994	2015 DODGE JOURNEY SXT	33,600	\$21,990	\$158		
11	B6028	2011 JEEP WRANGLER SPORT	69,000	\$21,990	\$178		
12	F-1268A	2012 F150 XLT CREW 4X4	141,500	\$21,990	\$177		
48	SG0252A	2012 HONDA CR-V EX-L AWD	94,181	\$22,037	\$178		
27	F-143A	2014 E250 CARGO VAN	48,787	\$22,950	\$159		
12	G-613A	2013 VE TIGUAN AWD	51,426	\$22,950	\$159		
30	27825	2012 LINCOLN MKT AWD	121,192	\$22,950	\$180		
15	F-2630A	2011 RAM 1500 SLT 4X4	104,000	\$22,990	\$181		
51	GK-93A	2015 JEEP CHEROKEE NORTH	12,170	\$22,990	\$159		
34	PG0520A	2013 CHEVY EQUINOX LT AWD	28,039	\$23,849	\$157		
19	G-736A	2012 F150 XLT CREW 4X4	91,549	\$23,990	\$193		
17	F-2699A	2012 RAM 1500 ST HEMI	70,626	\$23,990	\$188		
42	BF6405	2012 RAM 1500 SLT 4X4	42,575	\$24,847	\$200		
29	TR27858	2013 F150 XLT LWB 4X4	97,220	\$24,990	\$172		
49	27896	2012 F150 XTR LWB 4X4	76,308	\$24,990	\$196		
33	G-320B	2012 RAM 1500 SLT CREW	87,000	\$24,995	\$197		
62	4643	2011 MUSTANG GT COUPE	48,000	\$26,990	\$217		
62	F-1851A	2011 MUSTANG GT CONV	43 500	\$27 990	\$224		

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Struggles just beginning: PM

MENTAL HEALTH

Scope of issue only beginning to be realized, Trudeau warns

Canada has yet to feel the full effects of mental-health issues gripping people across the country, Prime Minister Justin Trudeau said Tuesday as he pledged support to lower levels of government in combating the problem.

"Whether we're talking about its impact on young people, its impact on workplaces around the country, whether its impact on servicemen and women, we are only beginning to realize the scale, the scope of the problem," Trudeau said as he met members of the Canadian Teachers Federation.

The prime minister said his government would work with the provinces and territories to



I wouldn't be my mother's son if I wasn't a strong advocate for mental-health. Justin Trudeau

build the ranks of the counsellors, psychiatrists and psychologists who work with people facing mental-health struggles.

"I wouldn't be my mother's son if I wasn't a strong advocate for mental-health and de-stigmatization of mental health," Trudeau said as he marked his six-month anniversary since being elected to power.

His mother, Margaret, underwent decades of treatment for bipolar disorder, recounting her personal struggles in her book, Changing My Mind.

The prime minister acknowledged there is no easy solution to mental-health problems, particularly in indigenous communities.

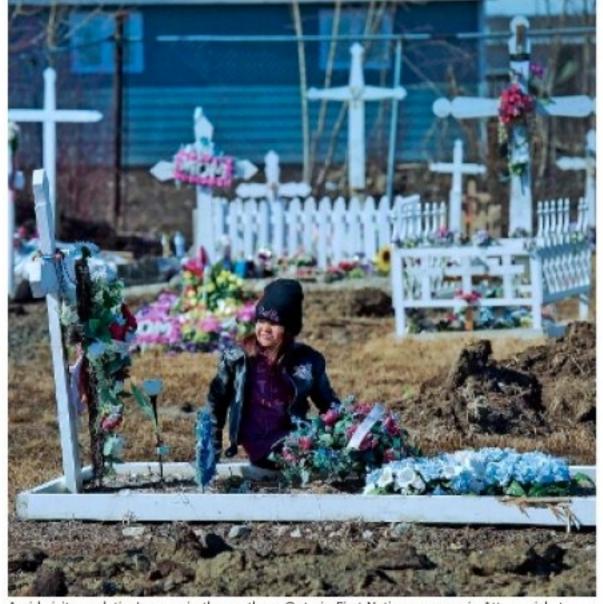
But he suggested the recent spate of suicides and attempted suicides by First Nations young

people is linked to what he described as generational neglect of indigenous issues by successive past governments.

"We know the challenges are massive," Trudeau said about correcting the disconnect between federal governments and First Nations. But there are solutions out there, he said.

'In indigenous communities where there has been the support and an ability to do language and cultural teaching to an extremely high level, suicide rates have plummeted," said Trudeau.

Indigenous Affairs Minister Carolyn Bennett on Monday visited Attawapiskat, the remote northern Ontario community that declared a state of emergency last week over a youth SUICIDE CTISIS. THE CANADIAN PRESS



A girl visits a relative's grave in the northern Ontario First Nations reserve in Attawapiskat, Ont., on Tuesday. THE CANADIAN PRESS

BRITISH COLUMBIA

Two pregnant women test positive for Zika virus



Fletcher Metro Vancouver

British Columbia health officials say two pregnant women are among seven people in the province who recently tested positive for the Zika virus, which has been linked to birth defects.

Dr. Bonnie Henry, deputy provincial health officer, could not comment on the condition of the pregnant women for privacy reasons, except

to say they are being closely monitored.

"We're watching them carefully," Henry told Metro. "It's quite distressing, of course, because we just don't have all the answers yet about the Zika virus and about what might happen."

Last week, U.S. health officials confirmed there is no longer any doubt the Zika virus, which is transmitted by the Aedes mosquito, causes microcephaly, a condition in which a baby's head is far smaller than normal, along

with other severe brain de-



There is a lot of fear for those who are aware of the risks.

Dr. Julie van Schalkwyk

Since testing for Zika started last November in B.C., 635 people have been tested for the virus, according to the B.C. Centre for Disease Control. The seven lab-confirmed positive cases involve people who recently travelled to Zikainfected countries, including El Salvador, Colombia, Haiti and St. Lucia. The virus isn't carried by mosquitoes in B.C., said Henry.

Dr. Julie van Schalkwyk, head of obstetrics and gynecology at B.C. Women's Hospital who is a specialist for pregnant women with infectious diseases, also could not comment on the two pregnant women, except to say neither has shown any signs of complications due to the virus.

She said the situation is frustrating for physicians, who are unable to provide patients with much information about the virus as the long-term effects are not fully understood.

"It's very, very difficult," she said. "There is a lot of fear for those who are aware of the risks, and I think the fear is worsened with an inability of care providers to provide a rapid and accurate diagnosis and prognosis."

WITH FILES FROM THE CANADIAN PRESS AND THE ASSOCIATED PRESS



Homolka causes a stir in Quebec community

Reports that convicted killer Karla Homolka has resurfaced southwest of Montreal are creating a buzz in the town of Chateauguay.

Homolka is living in the community and some of her three children are attending a local school, City News and Global both said Tuesday.

Neither the school board nor local police confirmed the reports, citing privacy laws. THE CANADIAN PRESS









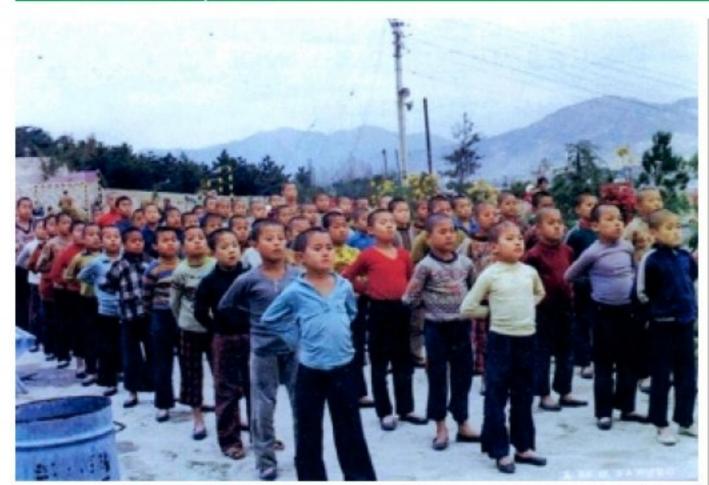
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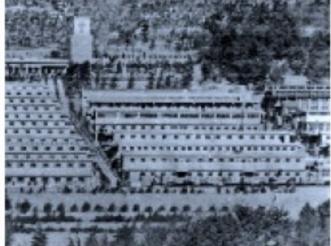
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These images show child inmates lined up for morning assembly and more children being unloaded from a truck at the Brothers Home in Busan, South Korea. YONHAP VIA THE ASSOCIATED PRESS

Coverup of mass abuse of 'vagrants'

SOUTH KOREA

Kids, disabled and homeless forcibly detained in '70s and '80s

Three decades ago, a policeman tortured Choi Seung-woo over a piece of bread he found in the boy's schoolbag.

After being stripped and having a cigarette lighter repeatedly sparked near his genitals, the 14-year-old falsely confessed to stealing the bread. Two men with clubs came and dragged him off to the Brothers Home, a mountainside institution where some of the worst human-rights atrocities in modern South Korean history took place.

Even now, Choi weeps as he speaks of what happened there.

A guard in Choi's dormitory raped him that night in 1982, and the next, and the next. So began five hellish years of slave labour and near-daily assaults.

Choi was one of thousands - the homeless, the drunk, the unlucky, but mostly children and the disabled - who were

forced into facilities for so-called vagrants in the 1970s and '80s. The roundup came as the ruling dictators prepared to bid for and host the 1988 Seoul Olympics, which they saw as international validation of South Korea's arrival as a modern country. So they ordered police and local officials to "purify" the streets.

Today, nobody has been held accountable for the hundreds of deaths, rapes and beatings on the grounds of Brothers, the largest of dozens of facilities for those considered undesirable, according to an Associated Press investigation. The AP found that abuse at Brothers, previously almost unknown, was much more vicious and widespread than had been realized.

Secrecy around Brothers persists because of a coverup at the highest levels. Two early attempts to investigate were suppressed by senior officials who went on to thrive in highprofile jobs; one remains a senior adviser to the current ruling party. The few former inmates speaking out want a new investigation. The government is blocking an opposition law-

LABOUR

Nearly 4,000 people were at Brothers Home. Once an orphanage, Brothers at its peak had more than 20 factories behind its well-guarded walls in the southern port city of Busan, churning out goods made by inmates.

maker's push to revisit the case, contending that the evidence is too old.

The official silence means that even as South Korea prepares for its second Olympics, in 2018, thousands of traumatized former inmates have still received no compensation, let alone public recognition or an apology.

Police officers, assisted by shop owners, rounded up children, panhandlers, small-time street merchants, the disabled and dissidents. They ended up as prisoners at 36 nationwide facilities and numbered 16,000 by 1986, according to government documents. THE ASSOCIATED PRESS

Trump, Clinton win easily in New York

Front-runners Donald Trump and Hillary Clinton swept to victory with ease in Tuesday's New York primary, with Trump bouncing back from a difficult stretch in the Republican contest and Clinton pushing closer to locking up the Democratic nomination.

Trump's victory was a psychological boost for his campaign, though the impact on his path to the Republican nomination was still to be determined by the number of delegates he secured. If he captured more than 50 per cent of the vote, he would be in strong position to win most of New York's 95 delegates, an impressive haul.

Trump leads the Republican race with 756 delegates, ahead of Sen. Ted Cruz with 559 and Ohio Gov. John Kasich with 144. Securing the Republican nomination requires 1,237.

Among Democrats, Clinton has 1,758 delegates to Sen. Bernie Sanders' 1,076. Those totals include both pledged delegates from primaries and caucuses and superdelegates, the party insiders who can back the candidate of their choice regardless of how their state votes. It takes 2,383 to win the Democratic nomination.

With the votes still being counted, Trump declared that it was "impossible" for his rivals to catch him.

"We don't have much of a race anymore," he said during a victory rally in the lobby of the Manhattan tower bearing his name. He peppered his confident remarks with more references to the economy and other policy proposals than normal, reflecting the influence of a new team of advisers seeking to professionalize his campaign.

Clinton's triumph padded her delegate lead over rival Bernie Sanders, depriving him of a crucial opportunity to narrow the margin. Sanders vowed to compete through all of the voting contests, though his odds of overtaking Clinton at this stage in the race are low.

"We've got a shot to victory," Sanders said. "We have come a very long way in the last 11 months, and we are going to fight this out until the end of the process." THE ASSOCIATED PRESS



IN BRIEF

Five accused of forming terror group in Germany

Five people were arrested in Germany on Tuesday on suspicion of founding a right-wing terror group called the "Freital Group" to attack refugee homes and other facilities. THE ASSOCIATED PRESS

Destroyed by Daesh, Syria's Palmyra arch is recreated in London

A 2,000-year-old triumphal arch destroyed by Daesh in Syria has risen again in replica - in London's Trafalgar Square.

The Arch of Triumph in Palmyra formed part of one of the world's most extensive ancient archaeological sites. The ancient city, a UNESCO world heritage site, was among Syria's main tourist attractions before the civil war erupted in 2011. THE ASSOCIATED PRESS



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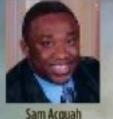
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Here comes the bride with cash

MONEY

Revealed: The generous gifting habits of Canadians

Canadians spend an average of \$166 a month on gifts, excluding Christmas and other holidays, according to the results of a survey conducted by a popular online shopping site.

"I was surprised by how much Canadians are spending," said Sari Friedman, director of marketing for Ebates.ca. "Once you start adding that up, you're talking about a big chunk of change for the year."

In all, 82 per cent of survey respondents reported buying an average of two gifts a month.

After Christmas, spending on gifts by Canadians begins ramping up again about three weeks before Mother's Day,

said Friedman. The increased spending continues throughout the summer in part because more people are married in the summer.

creating a greater number of gifting occasions, including wedding showers and anniversaries.

To stay on track financially, Friedman recommends making a list of upcoming gift occasions and budgeting and shopping in advance where possible, to

take advantage of sales. She also recommends interacting with brands on social media, like Facebook, to keep track of special offers.

"It's really about shopping smart for gifts, and really being prepared," said Friedman.

More than a third of survey respondents — 36 per cent — said they give better gifts than they get. Re-gifting is common, with 20 per cent admitting to re-gifting birthday gifts and 14 per cent re-gifting hostess gifts.

Re-gifting is lowest when it comes to Father's Day and Mother's Day gifts.

Respondents said they prefer cash over other gifts at a wedding, and said they tend to spend the most on birthday and anniversary gifts for their partner, Friedman said.

"They're also cited as being the hardest gifts to shop for. I think that's because there is so much emotion behind it. You care about getting them a really great gift that they are going to love. Sometimes it takes longer to find the perfect thing," said Friedman. TORSTAR NEWS SERVICE

MORE SURVEY FINDINGS

 Average spending on birthday and anniversary gifts: \$101 per gift

2 Wedding gifts: \$146 per person, with 36 per cent of respondents preferring to receive cash and 32 per cent citing store-bought gifts as their preference. Ten per cent would prefer gift certificates and 18 per cent had no preference.

Respondents expect to spend \$63 on each parent on Mother's Day and Father's Day this year.

SOURCE: EBATES CANADA

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Wednesday, April 20, 2016

ROSEMARY WESTWOOD ON BLACK LIVES MATTER

HIDDEN IN PLAIN SIGHT

Canadian chapters of Black Lives Matter have, through recent protest actions, achieved substantive victories, but have so far failed to attract the kind of broad mainstream media attention given to the U.S. movement, in cities like Ferguson and Baltimore. **Are we unwilling to face homegrown racism?**

In late March, before spring had sprung, Black Lives Matter protesters camped for two weeks in icy, wet weather outside Toronto Police Headquarters.

Not that you likely heard much about it. If you live outside Toronto, you probably had no clue. Torontonians might have heard some details, but coverage wasn't exactly overwhelming. It certainly wasn't national news.

Which is odd. Dozens of black-rights protesters occupied 24/7 the entrance to the largest municipal police force in this country — in sub-zero weather. They held speeches and cookouts and pressed forward a manifesto and demands. They were spurred by the police shooting of a black man, Andrew Loku, who was unarmed save for a hammer and whose death was investigated in relative secrecy.

It sounds a lot like the ingredients of a Black Lives Matters protest in the U.S., and maybe if it was, you might have heard about it.

Especially, you would think, after Toronto protesters got results: There will be a coroner's inquest into Loku's death; Toronto City Hall has unanimously supported a provincial review of the Special Investigations Unit, which investigates police misconduct; Premier Kathleen Wynne and her cabinet have agreed to work with protestors to "implement meaningful change."

But I asked friends across the country, and almost none — not even those who work in media — knew about the movement. In the age of Black Lives Matter in the U.S., arguably one of the defining

to care more
about anti-black
racism in the U.S.
— and take it more
seriously — than in
our own country.





Left: Pascale Diverlus gestures at a Black Lives Matter rally in Toronto in March. Right: A sign hangs in front of the protest site, in front of Toronto Police Headquarters. Steve RUSSELL/TORSTAR NEWS SERVICE; VINCE TALOTTA/TORSTAR NEWS SERVICE

voices of our time, the big question is: why?

Maybe the Toronto-headquartered national media were simply afraid of Toronto-centrism (we always are). But I also think Canadians appear to care more about anti-black racism in the U.S. — and take it more seriously — than in our own country.

It's a phenomenon Anthony Morgan, a civil rights lawyer in Toronto, has dubbed "Canadian racial exceptionalism." In a column written last summer, he described how we consider ourselves both too polite and nice to be racist, and too polite and nice to talk about it. That means, when someone protests anti-black racism, the common reaction is confusion, or irritation, or perhaps a shrug.

"We in Canada grow comfortable by scapegoating the United States and their narrative, and saying, 'Well, at least it's not as bad," Morgan told me. Having avoided the depth and scope of American Jim Crow, we imagine ourselves innocent.

Canadians consider this a post-racial country, agreed Rodney Diverlus, a co-founder of Black Lives Matter TO. "What that means is we've missed out on the opportunity to have national conversations about anti-black racism while it's still happening here," he said.

Of course, some people outside Toronto did hear about the protest, and they set up solidarity movements in Ottawa, Montreal and Vancouver. One of the seven young women organizers in Vancouver, Holly Bishu, said that if you want to know about racism in this country, just ask someone of colour; you'll hear that "it's not post-racial at all."

"I've experienced so many things growing up here that I didn't even realize were so harmful until I got old enough to be like, 'Oh my goodness, let me examine these,' and it was a lot of anti-blackness," she said.

Some specifics, should you need them: Black Canadians were the fastest growing population of federal inmates in a 2016 report, despite being only about three per cent of the population. They're three times more likely to be carded by police than whites in Toronto and are overrepresented among kids in care. Last month, the United Nations criticized Canada's record on child welfare, health, education and unemployment when it comes to its black citizens.

Meanwhile, a Forum Research poll of Torontonians, released last week, found only half of Torontonians agreed there is systemic racism in the city.

It took about a week for Toronto's mainstream media coverage of the protest to really pick up. Reporters were keen to cover a police clash with protesters, a contentious tweet from an organizer, and the movement's protest outside the house of Ontario Premier Kathleen

Wynne. Diverlus, who was tasked with media relations, said interest was largely confined to stories about tension between the protest and other groups, with the systemic-racism angle getting short shrift. Some stories, for example, didn't mention Andrew Loku's name at all.

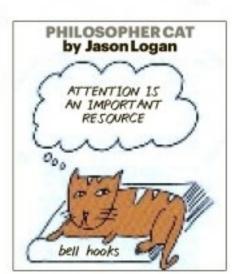
For someone writing about this, right now, you'd think I would have known better. You'd think I would have at least gone to the protest. Or written about it sooner. I did not.

I'm not an example of what should be done, but I am a curious participant. I finally sensed, by the end of the second week of the protest, that I had missed something fairly big, and fairly obvious. Morgan calls this the need for reconciliation, between the Canada we think we are, and the Canada we really are. Which is to say: One that needs to wake up.



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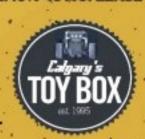


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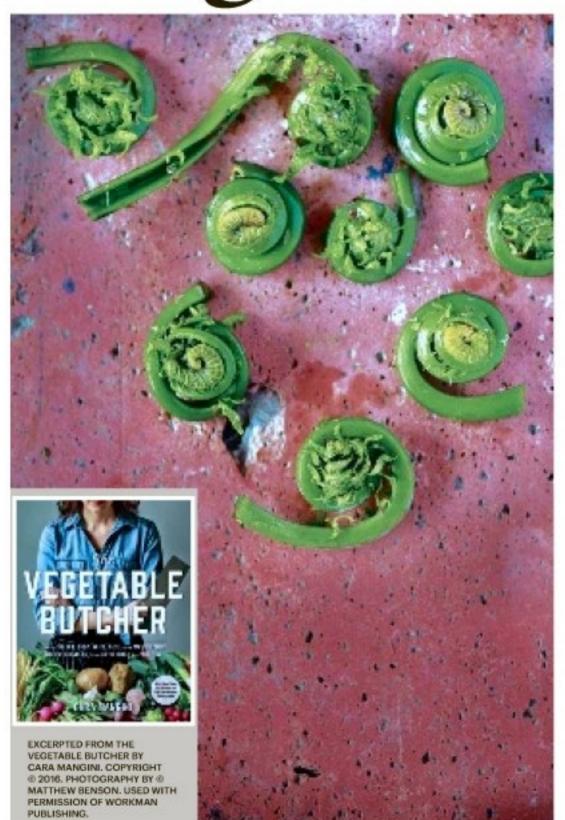


Your essential daily news

Prince Harry was treated to a set tour of the next Star Wars film in London this week

BOOK EXCERPT THE VEGETABLE BUTCHER

A light and in-season snack



Celebrate spring's arrival with fiddleheads

To Clean and Prep Fiddleheads:

- 1. Immerse fiddlehead ferns in a bowl of cool water and use your fingers to rub off the brown papery scales that cover the coils.
- 2. Gently unfurl the fern, if needed, to remove any scales stuck between the coils. Rinse the ferns under cold water in a colander and drain them.
- Immerse the fiddleheads again in a bowl of cool water if needed, agitating them to release any remaining film.
- Rinse them again and drain. Wrap the ferns in a clean, dry dish towel.
- Gently shake the bundle back and forth to remove any remaining scales.
- Trim the woody stem ends of the fiddleheads with a paring knife

Orange-Shallot Fiddlehead Ferns and Ricotta Crostini

Whisk together 3 tablespoons freshly squeezed orange juice, 1/2 teaspoon freshly grated orange zest, 2 tablespoons white wine vinegar or champagne vinegar, 2 teaspoons pure maple syrup, 2 teaspoons minced shallots, 1/2 teaspoon salt, and 1/4 teaspoon freshly

ground black pepper in a medium-size bowl. Slowly stream in 4 tablespoons extravirgin olive oil, whisking to combine. Add 1 teaspoon finely chopped fresh chives and 1/2 pound fiddlehead ferns, cleaned, trimmed, boiled until just tender, shocked in an ice bath, and drained, and toss to coat.

Divide 3/4 cup whole-milk ricotta cheese among 14 to 16 small crostini, spreading it on each. Lift 2 to 3 of the fiddlehead ferns from the bowl with a slotted spoon and place on top of each crostini. Lightly drizzle with some of the vinaigrette and top with a pinch of chopped chives.



To boil fiddleheads

This is a necessary step to eliminate any bitterness in the ferns. Once they are boiled, you can use them as is or toss them into a saute, risotto, or pasta (add at the last minute). Drop the fiddleheads in a large pot of salted boiling water and cook until they are bright green and just tender, 3 to 5 minutes depending on size and thickness. Lift them with a spider and transfer them to an ice-water bath to cool. Drain them well and transfer them to a dish towel to dry.











Makes 14 to 16 crostini

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A new twist on traditional slaw

RECIPE

Mix up miso and Kohlrabi for a tasty summer salad

Do you love all kinds of coleslaw, or just "slaw" as many people call it? Do you even like the sometimes mediocre, very creamy slaw served in those little paper cups alongside a sandwich at the deli or diner?

Maybe you like to change up the notion of slaw, too, from the traditional all-American mayobased types to this version, which is based on the salads we get when we go to Japanese restaurants. Maybe you crave that gingery-miso dressing tossed with shredded crunchy vegetables.

Kohlrabi is a great place to start. It is a member of the cruciferous vegetable family. They are about the size of an orange, with a bunch of stems sticking out and a thick skin that can range from pale green to purpleish. The leaves, stems and root are all edible, and the smaller ones tend to be more tender and flavourful.



Kohlrabi brings a great crunch and slightly spicy flavour to this slaw. THE ASSOCIATED PRESS

In taste and texture in brings to mind peeled broccoli stems.

Peel it very thoroughly (you may need a sharp knife for this, as the skin is quite tough) and slice, julienne or grate it into your salad for a great crunch and a fresh but slightly spicy flavour. It also can be cooked: steamed, sauteed, roasted or fried, but I

more often than not use it raw for its appealing mild flavour and pronounced crispness.

If you can't find kohlrabi, any number of other veggies can be substituted. Consider a blend of jicama and celeriac (both trimmed and grated or cut into matchsticks), or turnip also would be great.

Carrot, Cabbage and Kohlrabi Slaw with Miso Dressing

Start to finish: 15 minutes Servings: 6

Ingredients

- 1 tablespoon grated fresh ginger
- 1 shallot, chopped

- 2 tablespoons yellow or white miso
- 2 tablespoons vegetable or canola oil
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon toasted sesame oil
- 2 cups finely shredded green or red cabbage
- 6 large carrots, peeled and shredded or cut into very thin matchsticks
 1 kohlrabi, jicama or celeriac
- (or a combination) peeled and shredded or cut into very thin matchsticks
- Toasted sesame seeds to garnish (optional)

Directions

- In a small bowl, whisk together the ginger, shallot, miso, oil, vinegar, soy sauce and sesame oil.
- In a large serving bowl, combine the cabbage, carrots and kohlrabi.
- Drizzle about three-quarters of the dressing over the slaw, then toss well. Taste and adjust with additional dressing as desired.
 THE ASSOCIATED PRESS



Old World wines get a makeover

When I first saw Star Wars: The Force Awakens in the theatre I couldn't help but think of how it mirrored today's wine industry. The Force Awakens is really just the original movie's story with a youthful twist. What does that have to do with wine? Well, plenty of European wines are working from the same script. Take Spain for example. Though you can't get much more old-school, many winemakers have discovered that giving their juice a millennial

> makeover can attract a younger audience while also keeping their mature fans happy. Red Guitar's 2013 Old Vine Tempranillo Garnacha (\$12.49-\$16.99),

from the region of Navarra, wraps its blend of two classic Spanish grapes in a hip, Picasso-esque package. Smooth, bright and balanced, it's a great partner for grilled meats and poultry.

PETER ROCKWELL/METRO



ROSE REISMAN THE SAVVY EATER THIS WEEK: Kid's meals

In a pinch and grabbing fast food for the kids? You can still make smart choices!





Equivalent to 7 Subway Kid's Pak 4" Turkey Subs in fat

Fast food tends to be far from nutritious and should only be eaten occasionally, especially for kids. If you're in a pinch and the kids are craving McD's, there are healthier options. They can have a hamburger, but skip the fries and pop; pick milk and apple slices instead, saving on fat, calories and added sugar. A wrap may seem like a healthier choice, but the tortilla, fried chicken, ranch dressing and cheese adds extra calories, fat and sodium.

A whimsical look at the mundane

Japanese artist Tatsuya Tanaka has been creating tiny scenes each day for almost five years, using everything from broccoli, to sushi rolls and sponges. Tanaka takes a picture of each display to create a Miniature Calendar gallery online. "Broccoli and parsley might sometimes look like a forest, or the tree leaves floating on the surface of the water might sometimes look like little boats," he writes. "Everyone must have had similar thoughts at east once." Torstar NEWS SERVICE; ALL PHOTOS COURTESY OF TATSUYA TANAKA

DEEP AND DELICIOUS

A dessert makes for a handy "Cave" in this scene from Nov 21, 2014.



SCALING MT. SLICE

Two tiny alpinists tackle a sandwich peak on Feb. 11, 2016.



VEGGIES WITH A VIEW

This July, 11, 2015, scene validates thoughts broccoli looks like trees.



POP, POP AND AWAY

We have "Lift off" on February 29, 2016.



BEST SERVED COLD

A new definition for ice cold beer comes in this Sept. 12, 2015 shot.



DON'T BAIL ON BEEF

Go "Sirloin surfing" on March 15,



JOHANNA SCHNELLER WHAT I'M WATCHING

Female agent brings humanity to drama



Olivia Colman plays Angela Burr on The Night Manager. AMC

THE SHOW: The Night Manager, Season 1, Episode 4 (AMC) THE MOMENT: The sports day speech

British intelligence agent Angela Burr (the magnificent Olivia Colman) and her younger colleague Grace (Simona Brown) are working late, tracking Richard Roper (Hugh Laurie), an arms trafficker.

"Shouldn't you go home?" Grace asks.

"My husband knows why I do this," Angela replies. "He knows about the school sports day."

Calmly, simply, Angela tells Grace the story: In Baghdad in 2003, two shells fell on a school playing field. One was mustard gas, which burnt the hands and faces of the children. (Here Angela begins to cry, but she carries on.) The other was sarin gas, which destroyed their lungs. Roper, who was there, began selling sarin after that.

"Roper saw what I saw, and he thought, Business," Angela concludes. "So Mr. Burr knows I have to be here."

Whoa. This miniseries, based on John LeCarre's novel, spends the bulk of its time with posh, blue-eyed men — Roper, his faithful henchman Corky (Tom Hollander); and his nemesis Jonathan, a newly recruited spy (Tom Hiddleston). They're forever jetting from Mallorca to Egypt, eyeballing one another cooly, and saying things like, "I think one is becoming a tad deranged." It's intelligent, amoral and deeply unsettling.

So the counterweight Angela provides is crucial. In the novel, her character was a man. To switch it to a woman, and to cast Colman, was genius. She's every bit as intelligent and fierce as her foes, but we need her heart and humanity to remind us that Roper's mansions and islands, his yachts and champagnes, come at an unfathomable cost.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.





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DEVIEW

Unique details add up to one distinctive ride

Mike Goetz For Metro Canada

The Hyundai Veloster debuted back in 2011. So five years of me looking and pondering its unique exterior style and shape, which marries sport coupe and hatchback themes, and I still can't decide whether I like it or not.

Some days it seems fresh and menacing. Other days it seems too thick and chunky, especially in profile.

But for 2016, Hyundai sought fit to introduce a new Rally Edition, featuring a stunning blue matte paint job, trick wheels, (faux) carbon fibre detailing around the grille, and a slightly lower stance (with commensurate suspension tuning), and it tipped the scales for me. I am now fully 51 per cent in favour of Veloster's distinctive appearance.

It seems like the Rally Edition was created to give people another way to access the two main drawing cards of the Veloster's charismatic turbo model — the 201-horsepower turbo motor and the aggressive grounds-effect package looks. Both pieces dramatically alter the Veloster's personality for the better. A Veloster without them, like the base model, is a Veloster with less purpose in life.

Rally Edition and Turbo are actually equally priced at \$27,199. Turbo gives you navigation and a panoramic sunroof. Rally Edition has neither, but makes up for it with all the Rally Edition visual and suspension tweaks, and a specific Rally Edition interior. That interior is edgy and full of

contrasts, with some metal-like surfaces and seat inserts rendered in the same shade as the exterior. Very cool and inviting.

All Rally Edition models, like our tester, are fitted with a sixspeed manual transmission hooked up to a "B&M Racing Sport Shifter." As advertised, shift throws are short, but also direct and with good mechanical heft.

The steering also has the necessary heft and feel to make cornering a satisfying experience.

The tire and suspension tweaks have definitely upgraded the handling. But those aggressive 18-inch wheels and tires make this Veloster a bit stiff for everyday driving.

And while 201 horsepower is an awfully good number for a 1.6-litre turbo, and you will enjoy its thump, it doesn't make the vehicle jump, as say something like the 197-horsepower Ford Fiesta ST. The Hyundai doesn't handle as well as the Ford either. But that's not to say it isn't fun.

Like all Velosters, Rally Edition features a third door on the passenger side, so your rear seat passengers can get in without yoga — and it's surprisingly roomy back there for a small coupe.

Overall, the Veloster Rally Edition is distinctive and fun, with many fine details, to keep you engaged and contented on city commutes, and on romps you take for the sheer joy of it.

THE CHECKLIST | 2016 HYUNDAI VELOSTER

THE BASICS

- Type. Three-door, fourpassenger, FWD, compact sports coupe/hatchback
- Power. 138-hp 1.6-litre 14, 201-hp 1.6-litre turbo 14
- Transmission. Sixspeed manual, Six-speed automatic, Seven-speed automatic
- Price. Base \$18,599 (plus destination)

COOL FEATURES

- Rally Edition's RAYS wheels are five pounds lighter (each) than regular wheels.
- Turbo models available with new seven-speed "dual clutch" automatic with paddle shifters.



VELOSTER PHOTOS MIKE GOETZ/FOR METRO; OTHERS HANDOUT

POINTS

- "Third door" is a small one, and on the passenger side.
- and on the passenger side.

 Base "non turbo" engine
- not very sporty.

 New limited-edition Rally Edition for 2016 only available in a special Matte Blue paint.

MARKET POSITION

- Satisfying sporty coupe for those that don't need the full-on extreme sports experience.
- Targeted at a younger crowd, but mature crowd seems to like them too.





30 Wednesday, April 20, 2016 metr

DRIVE

CX-9 makes an ideal crossover

USED VEHICLE

Check water pump on 2007-2015 models

The first-generation CX-9 is the largest vehicle in Mazda's lineup.

This large crossover SUV was designed for busy families, and hit hardest with its luxurious cabin, spaciousness, and responsive driving characteristics.

Owners say that common areas for rust include the front edge of the hood, the lower, inner edge of the tailgate, and the lower, inner edges of the doors.

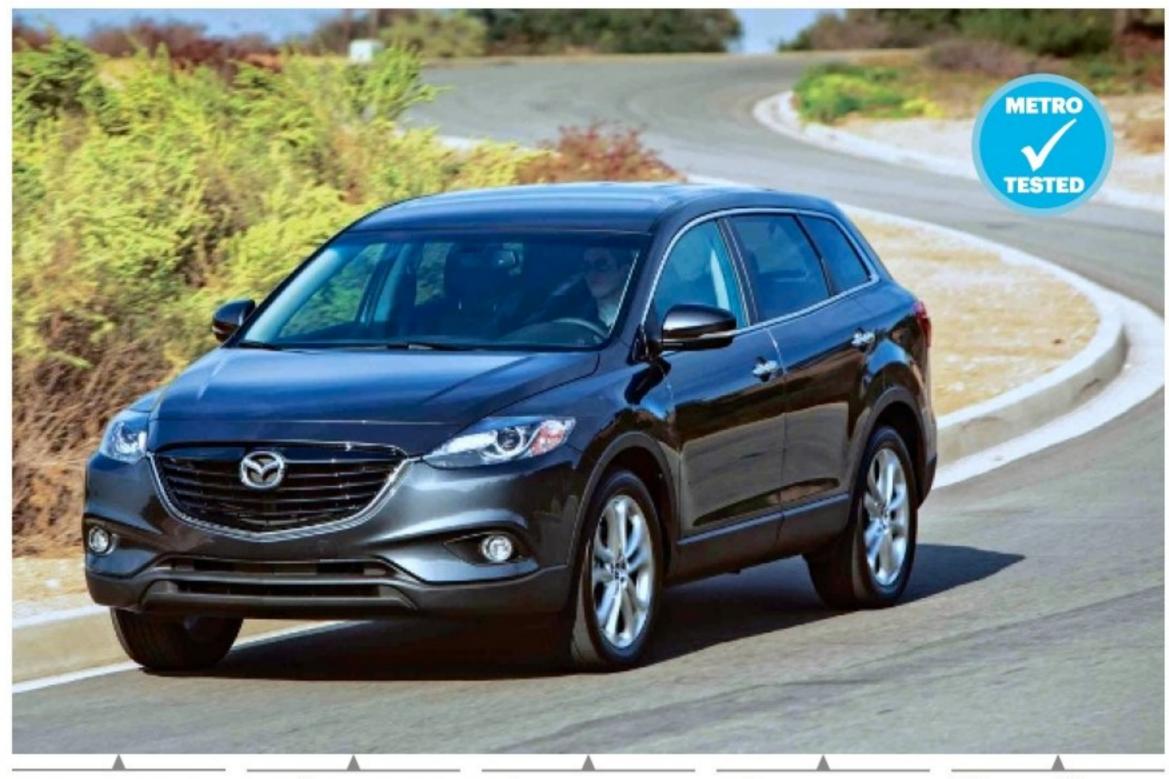
Some owners have reported issues with the CX-9's All Wheel Drive (AWD) system, typically at low mileage and under warranty. Though this issue doesn't seem widespread, CX-9 shoppers set on an AWD model are advised to have a Mazda mechanic check all system electronics, to inspect the Power Takeoff Unit (PTU) assembly and rear differential for signs of fluid leakage, and to confirm that no AWD warning lights are lit up in the instrument cluster.

Run the engine at idle with the hood open, and listen for a ticking sound from deep below. This sound could be the result of a bad belt pulley that's worn out.

According to the owner's community, changing a water pump in a CX-9 involves engine removal, and will be pricey. As such, shoppers are strongly advised to have a mechanic check for signs of water-pump wear, with an inspection for coolant leaking from the assembly, and coolant levels. Be absolutely sure the water pump on the model you're considering is in top shape. Overheating, traces of oil in the coolant, or traces of coolant in the oil, are other potential warning signs.

Higher-mileage units should have all suspension components inspected.

JUSTIN PRITCHARD



Features

It offers three seating rows, a generous cargo hold, and upscale feature content including HID lighting, a sunroof, BOSE audio, automatic climate control, push-button start, wood trim, heated leather, a motorized tailgate and plenty more.

Engines

A 3.5 or 3.7 litre V6 was standard, with up to 273 horsepower. The smaller, 3.5 litre V6, with 263 horsepower was replaced by the larger 3.7 litre unit from 2008. All models got a six-speed automatic, and most used copies will feature Mazda's Active Torque Split All Wheel Drive (AWD) system.

What owners like

The CX-9's upscale cabin, commanding driving position, roominess and flexibility, and confidence in challenging driving conditions. The BOSE stereo and xenon lights are among the favorite features, and styling is highly rated, too.

What owners dislike

Common complaints include heavy fuel use, a navigation screen that's hard to read in direct sunlight, and some low-budget interior trimmings.

The verdict

With a clean bill of health after an inspection of its cooling and AWD systems, a used Mazda CX-9 should make an ideal family crossover when sharp styling, upscale feature content and above-average attention to driving dynamics are priorities.









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BMW releases a \$1,500 limited edition bicycle

BMW has unveiled a new limited edition bicycle, the Cruise M, inspired by its latest premium sportscar and a bicycle that could become just as collectible.

The all-new M2 is a phenomenal everyday sports car and one that is expected to keep BMW's production lines very, very busy over the coming months, such is the anticipated demand.

However, for those that can't wait for the M2 to start shipping to their country or don't have the financial flexibility to cover the car's \$53,000 U.S. premium price tag (before options) the company on Monday wheeled out a bicycle inspired by its latest 'M' car and one that promises to be just as exclusive, yet at a fraction of the price.

The BMW Cruise M Limited Edition bike comes in the same Long Beach metallic blue finish as its fourwheeled brethren. It also uses carbon fibre and aluminum in its construction for strength without adding weight. It even has hydraulic disc brakes, front and rear. But, unlike the M2, this bike will be limited to just 1,500 examples globally and each will cost about \$1,500 US

amples it is.

tion. AFP

Limited Edition, on Monday

BMW also announced its full

Spring 2016 bicycle collec-

WE ARE

It might read like a simple marketing stunt, but while BMW might be better known for motorized transport - it has been building cars for 100 years and motorbikes for 93 years - 2016 will also mark the 60th anniversary of its bicycle business.

So the bike sits on lightweight 28-inch wheels and has a 30-gear system.

The frame has been shaped so that the crossbar follows the contour of a motorbike's fuel tank and each section of the aluminum frame has been welded in a way that the finished result looks like the bike has been pressed or moulded out of a single sheet of metal.

Every bike built will also

arrive with a plaque detailing its limited edition status and which of the 1,500 ex-Alongside the Cruise M

The BMW Cruise M Limited Edition bike is inspired by, the M2 sportscar. BMW GROUP



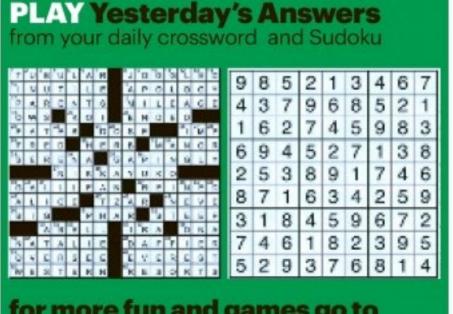
DRIVE BRIEFS

Volkswagen will offer a sneak peek of its next flagship SUV in Beijing

VW has high hopes for its latest concept car, which will provide the foundation for next year's Touareg SUV, a vehicle the company is positioning as a serious challenger to the Volvo XC90 or Range Rover in terms of luxury, performance and style.

Volkswagen has been using each of this year's major auto shows to give the public a conceptual taste of its plans for an

extended SUV range. It's already unveiled a compact and a sub-compact model, and at the Beijing show, which opens its doors to the press on April 25, it will complete the set with a full-size luxury off-roader. Though officially a concept, the show car will be a clear indicator of what to expect from the next-generation Touareg due in 2017, the company's overall flagship and one that VW wants to look right at home when parked between a BMW X6 and a Range Rover. AFP



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A hole lot oftrouble

DRIVING SAFETY

How to navigate pothole season this spring

Michelle Williams

Spring is finally here. Yet for drivers in Canada, the warmer weather comes with a downside: those pesky potholes. They're all over our biggest and most travelled roads and they number in the thousands in the city every year. While municipalities do their best to fill potholes before they become a hazard, it can be difficult to keep up this time of year.

It starts with a crack

Why do we have potholes in the first place? "All roads have cracks," says Randy Loyk, technical services manager for the Alberta Motor Association. "During the day, when the sun is out and temperatures rise higher, snow melts and water seeps into those cracks. At night, when the water freezes and expands, the asphalt lifts. And when cars drive over the road, the asphalt breaks up. The cycle continues and small holes get larger and larger." According to Loyk, once a hole gets to be around an inch deep, it poses a problem for vehicles.

Our tires take the initial

impact, but they aren't the only thing that can be damaged by potholes. "Rims can be bent, broken or damaged, you can end up with align-ment issues, front end or frame damage," says Loyk. "Over time, you can also end up with damage to the suspension or the shocks."

Watch closely

No surprise, Loyk says the best thing you can do as a driver is to avoid potholes. "Make sure your headlights are clean and watch the road closely, day and night. An especially deep pothole will generally have water in it, so approach them slowly."

quick moves or swerves in traffic, which could cause a collision. Just slow down or carefully try to steer out of

"You might just graze the side of the pothole, which may be less damaging. It's a sudden drop and lift of the tire and rim that can potentially cause more harm."

Another way to avoid pothole damage is to ensure you maintain proper air pressure in your tires.

"A tire that's underinflated will have a tendency to cause more damage to your vehicle. If tires are properly inflated, it will take some of the compression load," he says.

How to spot damage

What if you do hit a pothole? "Pay attention to how your car is driving to determine if there's any damage," Loyk says. "If the tires seem okay, check the steering. If the car Loyk says not to make any starts pulling to the left or right, this could be the align-

> Look at the tires for bulges, bruises or tears in the sidewalls and look at the rims for dents. If you suspect anything is wrong with the vehicle, take it to a licensed mechanic.

HOW TO REPORT A POTHOLE



If you do see a pothole this season, don't just drive by and forget about it. Alert the city by calling 311, which is open 24/7. They will come look at the hole and fix it right away if needed.





Take photos of the pothole and the damage to your vehicle before filing a claim with the city, ISTOCK

Should you file a claim for pothole damage?

Often, damage from a pot- 1. If you can prove damage hole won't be substantial or expensive enough to warrant a claim.

"Your deductible may be more than the cost of the repair," says Randy Loyk, technical services manager for the Alberta Motor Association.

Here are the steps you should take if you have pothole damage:

to your car from the pothole (take pictures of the pothole and your car), start by seeing if the city will cover the cost of the repair. Contact the city to see where you can obtain and submit a damage claim for hitting a pothole.

2.If you need to approach your insurance carrier, remember that for something

small like a tire replacement, rim repair or realignment, your deductible may be more than the repair. Filing a claim could affect your insurance rates, so consider paying for these repairs out of pocket.

For substantial car damage that the city won't cover all or part of, talk to your insurance carrier.

MICHELLE WILLIAMS









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The Warriers and pathing of appears care up in Stephen Curry's MPI on his called but he remains questionable for Care 2 us, the Pockets

The Warriors said nothing of concern came up in Stephen Curry's MRI on his ankle, but he remains questionable for Game 3 vs. the Rockets



Bolts pin Red Wings' backs against the wall

NHL PLAYOFFS

Tampa takes commanding lead on Palat's game-winner

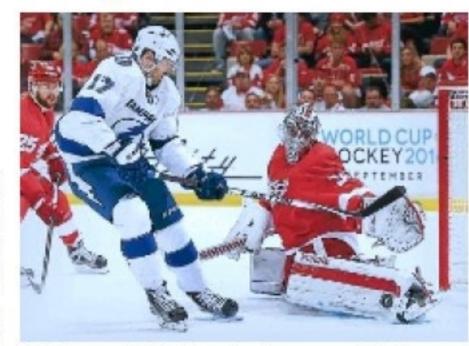
Ondrej Palat scored with 2:59 left in the third period, lifting the Tampa Bay Lightning to a 3-2 win over the Detroit Red Wings on Tuesday night and a 3-1 lead in the first-round series.

Game 5 is Thursday night at Tampa Bay.

Ben Bishop stopped 26 shots for the Lightning and Petr Mrazek made 30 saves for the Red Wings.

Palat was in a perfect position right in front of the net to make the most of Jonathan Drouin's pass on the game-winning goal. Drouin had three assists.

Nikita Kucherov had powerplay goals in the first and second period to give Tampa Bay a 2-0 lead late in the second, but Detroit's Darren Helm and Gustav Nyquist scored late in the period to tie the game.



Red Wings goalie Petr Mrazek makes a save on Lightning centre Alex Killorn on Tuesday. PAUL SANCYA/THE ASSOCIATED PRESS

The Lightning struck first by scoring at 5:41 of the first on a power play and scored again midway through the second period with an extra skater, a rare sight earlier in the series.

And, it was a beautifully setup goal.

Brian Boyle won a faceoff, sending the puck back to Victor Hedman and he skated toward the front of the net. Hedman carried the puck from left to right and passed it back to where he was standing to Drouin, who pushed the puck through the left circle to Tyler Johnson, whose diagonal pass back to the right dot perfectly set up Kucherov for a onetimer nine seconds into the power play. GAME 4 In Detroit



Tampa Bay took advantage of another power play when Jonathan Ericsson failed to clear the puck, keeping the puck in his team's end and it ended up in the back of the net on Kucherov's shot from the slot off a slick, centring pass from Drouin.

The defending Eastern Conference champions scored three times on the power play. And, they prevented Detroit from scoring on the man advantage.

Over the first three games of the series, the Lightning were 1-for-14 on the power play and Detroit was 1-for-17 with at least one extra skater.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Pens reclaim series lead in Big Apple

Matt Cullen beat Henrik Lundqvist on a semi-breakaway after beating two defencemen early in the third period and the Pittsburgh Penguins spoiled the return of Rangers captain Ryan McDonagh with a 3-1 win in Game 3 of their first-round series on Tuesday night.

Sidney Crosby also scored and Matt Murray made 16 saves in his return to action in helping the Penguins take a 2-1 lead in the best-of-seven series.

Game 4 is Thursday night in New York.

The Rangers have lost four consecutive playoff games at Madison Square Garden going back to last season's GAME 3 In New York





Eastern Conference final against Tampa Bay.

Kris Letang iced the game with an empty-net goal.

Rick Nash scored for the Rangers, who played without an injured McDonagh (upper body, hand) in the first two games in Pittsburgh.

Lundqvist made 28 saves, giving up a power-play goal to Crosby and a 1-on-1 chance to Cullen. THE ASSOCIATED PRESS

GOLF

Watson commits to Calgary tourney

After playing in The Masters for a 43rd and final time, Tom Watson will play a PGA Tour Champions tournament in Calgary for the first time.

The 66-year-old golf star confirmed Tuesday he's in the Shaw Charity Classic field Sept. 2-4 at Canyon Meadows Golf and Country Club. The tournament, now in its fourth year, has a prize purse of \$2.35 million US.

"I've heard nothing but good things about the tournament, especially the fan support," Watson said Tuesday on a conference call. "We players love to play in front C SR. CIRCUIT

The PGA Tour Champions, formerly known as the Senior PGA Tour, is for competitive players aged 50 and over.

of a lot of people and that's what I understand happens up there.

Watson picks and chooses his tournaments — he hasn't played in more than eight per year from 2012 to 2015.

THE CANADIAN PRESS



'Toon duo off to perfect start

Canada remained unbeaten at the world mixed doubles curling championship on Tuesday by clobbering Serbia 14-0 in Karlstad, Sweden.

The Saskatoon duo of Dustin Kalthoff and Marliese Kasner improved to 4-0 with the win over Dara Gravara Stojanovic and Filip Stojanovic.

Canada scored five points in the first end and the game was called after six. Kasner threw at an 88 per cent clip, just ahead of Kalthoff at 83.

THE CANADIAN PRESS

Hawks take advantage of Celtics' poor first quarter

The Hawks held the Boston Celtics to the lowest-scoring first quarter in the playoffs since the NBA went to the shot clock, building a 21-point lead and holding on despite an ugly shooting performance of their own for an 89-72 victory Tuesday night, giving Atlanta a 2-0 lead in the opening-round series.

Al Horford and Kyle
Korver led Atlanta with
17 points apiece, but this
game was essentially
decided in the first 12
minutes. THE ASSOCIATED PRESS

RECIPE Chicken and Butternut **Squash Risotto**



Ceri Marsh & Laura Keogh For Metro Canada

While spring continues to play its game of here today gone tomorrow, it's good to have a couple of comfort recipes up your sleeve.

Ready in

Prep time: 10 mins Cook time: 30 mins

Ingredients

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 chicken breasts, sliced
- into bite-size pieces
- · 2 cups risotto
- · 2 1/2 cups cubed butternut squash
- 6 cups chicken broth
- · 4 sage leaves, chopped
- 1 cup of fresh, shaved parmesan cheese

Directions

Place oil in a large pot over

medium heat and add onion and chicken. Cook until chicken is lightly browned on all sides

and onion is translucent.

- 2. Add the rice to pan and keep stirring as it gently begins to fry. It should turn translucent after about a minute. Add sage leaves, squash and 1 cup of chicken stock and allow it to simmer while you continue stirring. As stock is absorbed, add another cup. Stir. Stir. Stir. Continue adding stock until it has all been absorbed, while constantly stirring.
- 3. Taste the rice to be certain it is cooked. You can add warm water if you need a bit more liquid.
- 4. Take the pot off the heat and mix in Parmesan cheese. Cover and allow to sit for 2 minutes. Serve immediately.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Tranquil 7. U-571, e.g. 10. "Yes, _!" 14. Change the building's front or the doors on the kitchen cupboards 15. The correct way 17. Brief bit of a minute: 2 wds. 18. Someone from Charlottetown's province 19. Fido's father? 20. Vulture's meal 22. Marion _ (Pioneering female aviator of Canada, b.1918 - d.1995) 23. Heal 24. Fireplace section 26. Works at solving techie problems 31.Prefix to 'scopic' (Like the 3D photography technique) 32. Art gallery crime 33. Chipper 34. Archery wood 35. Dutch cheese 39. Sailor's status: 2 wds. 42. Sushi condiment 44. Toronto rapper Drake's new album due next week: 3 wds. + number 46. 19th-century English writer Emily 48. Politicians' 49. Former mil. Gen-

17 22 21 24 23 25 32 33 34 36 39 40 41 42 43 45 49 56 58 59 57 60 81 63

rassed 53. Shakespearean suffix 56. Job for comedian Lily Tomlin's Ernestine character 58. Hors d'_ (Appetizer) 60. _ lamp (Rustic light source)

61. Sculptures/paintings attraction 62. Additional

63. NYC's 'N'

64. Clears

2. Ms. Horne 3. "__ Good Men" (1992) 4. '_' _ in Cornwall 5. One-of-some in the drink to make

it cold: 2 wds.

1. Theatrical ac-

DOWN

cessory

6. Vancouver-born actress Yvonne of '60s comedy "The Munsters": 2 wds. 7. Cleanser brand, and Span 8. Mr. Major the Space Bear

10. Fellows 11. Zeals [var. sp.] 12. _ Bay, British Columbia 13. Frankincense's festive friend 16. Promenades 21. Riddle-me-_ 23. Drape 25. Substantiates 26. Baking meas. 27. Pathway, for short 28. "The Star-Spangled Banner" contraction 29. Bundle 30. Shape, axestyle 34. "Of course." 36. "Lah-di-_!" 37. Pres. Lincoln 38. British spy agency (NOTE: Answer has a number in it) 40. Bright fishies in aquariums 41. _ the deal (Add incentives) 42. So so sad 43. Non-professional athlete 44. Ballot checkmark-makers 45. Deli loaf 46. In need of money 47. Fight off the flies 51. Cooked 52. Mr. Lachey (Nick's younger brother) 53. All Hallows. and others 54. Honest 55. Skirt lines 57.Pre-fish fish 59. G7 member

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

eral's abbr.

50. Most embar-

Aries March 21 - April 20 Your focus will turn to money, cash flow and earnings for the next four weeks. Value your moneymaking ideas, because they will be good.

Taurus April 21 - May 21 For the next four weeks, the Sun is in your sign, recharging your batteries for the rest of the year. You will attract good circumstances and people to you. Make the most of this!

Gemini May 22 - June 21 Use the next month to think about what you want your new year (birthday to birthday) to be all about. You have a month to make plans for this.

Cancer June 22 - July 23 You can expect a popular month ahead because of the shift of the Sun. Enjoy schmoozing with others. Join classes, clubs, groups and associations.

Leo July 24 - Aug. 23 The Sun will be at the top of your chart, acting like a flattering spotlight on you for the next month. Make hay while the Sun shines!

Virgo Aug. 24 - Sept. 23 Grab every chance to travel or expand your world in the next four weeks. If you can't travel, be a tourist in your own city. Study something new!

Libra Sept. 24 - Oct. 23 The shift of the Sun ushers in a month ahead where you will focus on inheritances and shared property. It's time for you to clear up loose ends and reduce your debt.

Scorpio Oct. 24 - Nov. 22 Because the Sun will be opposite your sign for the next four weeks, you will need more rest than usual. Acknowledge and respect your need for sleep.

✓ Sagittarius Nov. 23 - Dec. 21 Do what you can to get better organized in the next four weeks. You want to feel that you're on top of your game and that things are running smoothly.

Capricorn Dec. 22 - Jan. 20 Slip away on a vacation in the next four weeks, because you want to party and relax. Pack a bag and leave town! Fun and pleasure are the names of the game.

Aquarius Jan. 21 - Feb. 19 Home, family and your private life will be increasingly important in the next four weeks. An interaction with a parent could be significant.

) (Pisces

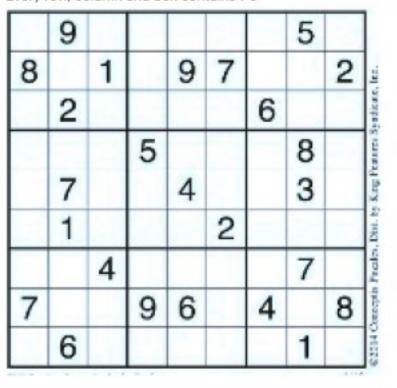
Feb. 20 - March 20 The pace of your days will accelerate in the next four weeks, with short trips, errands and increased conversations with everyone. How exciting, you've got things to do!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9. Historic the-

atre in Russia



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